HALLIWELL SHELTON HIGH FREQUENCY VIOLET RAY

for Beauty and Better Health

THE RELIEF OF PAIN AND THE TREATMENT OF DISEASE BY

VIOLET RAY

Halliwell-Shelton Violet Ray

AWARDED FIRST PRIZE

Halliwell-Shelton
Electric Corporation
New York Chicago

The Halliwell-Shelton Violet Ray High Frequency Generator

Is the result of years of experience and experimentation on the part of expert engineers. The Halliwell-Shelton Violet Ray Generator is as perfect as experience and workmanship can make it and is designed for both professional and home use. It is recommended, used and approved by the medical profession.

VITALITY—PHYSICAL DEVELOPMENT

This Violet Ray Generator is the finest article of its kind manufactured in the world. Like the Shelton Vibrator, which is the acknowledged leader of the Vibrator field, the Halliwell-Shelton Violet Ray Generator is the leader of the Violet Ray world.

The Violet Ray can be used by anyone, anywhere. Its construction is simple; its design is appealing, its workmanship is of the best, and the results it gives are vouched for by thousands, who have benefited by its use.

In brief, the Halliwell-Shelton Violet Ray makes it possible for everyone to enjoy right at home the energizing, health-giving and pain-relieving powers of this wonderful ray.

GUARANTEE

All Halliwell-Shelton Violet Ray Generators are guaranteed for a period of one year against electrical and mechanical imperfections.

NEURITIS

Is an inflamed condition of the nerves. Any nerve can be affected. Pain and tenderness extend usually over the whole diseased nerve trunk. A mild current should be used at first and electrode kept in close contact with the body, moving it lightly. In some cases an increase of the pain may be noted at beginning. However, this state is soon overcome, then a more powerful spray can be applied.

Effects from Violet Ray treatments are systemic and not only local. Therefore all treatments have a fundamental action on health and benefit nerves and nerve endings.

What the Violet Ray Is

The Violet Ray High Frequency Current, or as it is more commonly called, the "Violet Ray," is a new phase of electricity. It is applied to any part of the human body without pain, muscular contraction or disagreeable sensation of any kind. The electrical oscillations representing the High Frequency Current follow each other with such tremendous rapidity that they outspeed our nervous sensibility; we do not become conscious of their presence; in other words: our nerves are insensitive to the electrical oscillations of the Violet Ray. The oscillations are so rapid that they exceed many hundred thousand repetitions per second. The Violet Rays are pleasing, and though most stimulating and highly invigorating to the entire system, nerves or muscles, cannot record the presence of their great power.

What Violet Rays Do

Violet Rays or High Frequency Currents benefit all living matter. Through the glass vacuum applicator light, heat, electric energy and ozone are created. These forces are uniformly potent in relieving and eliminating human ailments. Violet Rays present a remedy upon which we can rely. They are positive and certain in action. They will reach where medicine does not, and often cannot—yet they cause no pain, no disagreeable sensation or discomfort. They furnish a soothing relief. They destroy germs and have a strong power over infection.

A Violet Ray treatment is the surest method of relieving pain. Applied to that part of the body where the pain is severest, the rays and High Frequency electrical discharge penetrate every cell, tissue and organ and tranquilize and soothe. They build up the forces of nutrition and general health. Violet Rays will stimulate and strengthen the vital organs, develop the body and steady the nerves, spraying thousands of volts of High Frequency electricity into any weak, sluggish or painful organ or muscle, purifying and causing the flood of warm, rich blood to surge through the treated part, at the same time being painless and pleasant. Violet Rays have only to be tried to be appreciated.

Violet Rays for Well People, Too

Even if you are at present strong and well in every respect, the use of Violet Rays will be of immense benefit to you. They provide a stimulation to which a healthy body immediately responds. They safeguard you against the coming illness and reduction of vitality.

Why You Should Use Violet Rays

Violet Rays should be used by everyone experiencing sickness or ailments of any kind.

The healing properties of Violet Rays are manifold, and they accomplish what drugs and medicines never can. The regular introduction of a vitalizing shower of diffused electricity into your system is exactly what is needed to make it function properly and efficiently.

No matter how well you may be feeling today, tomorrow may bring sickness. But if you have been taking regular treatments with Violet Rays the chances that you will succumb to illness are very slight. Violet Ray treatments keep your constitution at "par."

The healthiest people in the world are those who are always striving to better their physical conditions. And there is nothing like a Violet Ray treatment to infuse vitality and energy into your body.

To be healthy, use Violet Rays. To keep healthy, use Violet Rays.

Kidney Troubles

The kidneys perform a very important task in our body. They are the organs of excretion. If their function is somehow impaired by inflammation due to heavy cold or due to congestion or other causes, grave consequences are resultant.

Violet Rays exert a powerful influence. The very fact that albumen in the urine quickly disappears after a few applications alone proves sufficiently their importance in fighting this class of sickness. Nobody who suffers from kidney disorders can really afford to be without a Violet Ray. It helps when other means, especially drugs, have long been given up as useless.

To Relieve Pains Use the Following Technique

Always apply as much of a current strength as can be tolerated. If a person is very sensitive, keep the electrode in close contact with the painful spot and move it slowly about. If the sufferer from pain does not object to it, treat through clothing or a towel and cause a counter irritation by sparks. It depends largely on the part or area you treat what method should be employed. It is therefore necessary to adapt yourself to circumstances.

Many people, after stopping their treatments for many weeks, and even months, report continual increase in health and strength. As a matter of fact, the greatest benefit comes after the course of treatment is over. This answers the question often asked as to whether the treatment does not have to be kept up indefinitely.

Orificial Treatments

All orificial electrodes must be lubricated before insertion. They should be properly sterilized. It is wrong to believe that orificial treatments are painful. There is, in fact, no other sensation than that of a beneficial warmth during the application. Orificial treatments do not last over 5 minutes. It is also advisable to move the electrode during the treatment just slightly so as to avoid its sticking to the mucous membrane. Orificial treatments require, for safety's sake and for better results, always two people, patient and operator. Always turn the current on after insertion of the applicator and turn the current off before removing the same.

Preparation for Treatment

Surface treatments can be given in direct contact with the skin, and also through the clothing. As any clothing represents an interposed dry resistance, a treatment through the same would cause small sparks. It depends entirely on the desired effect, which way to treat, and the instructions given in our booklet refer to the proper technique. If no sparks are desired any clothing covering the part to be treated must be removed.

Metallic objects as hairpins, corset steels, chains, should be taken off if they cannot be avoided in the treatment.

For Mild Treatments

Keep the applicator in close contact with the body at any part which requires a mild treatment.

Start with the weakest current possible. Avoid the initial little discharge which occurs when you bring the applicator close to the body in making the contact. Make contact quickly and the initial discharge will not be annoying. Do the same when the treatment is finished. Remove the electrode quickly. This will save you the little sparks you may otherwise feel. By no means does this little spark, when making contact with the applicator and when removing it, hurt. If you think it does, it is imaginary. Just use common sense and a little judgment and you will find that even one-half inch of High Frequency discharge does not cause any pain.

GOITRE

By using the No. 5 Electrode, throat and neck may be treated with admirable results. Many physicians recommend this treatment for Goitre.

Many cases yield to treatment using Electrode No. 5 with the strongest current that can be tolerated. Treatments should be of not longer than four minutes' duration and not more than once a day. Results are not usually apparent until a dozen or more treatments have been taken.

For sore throats, also for improvement of the voice, the surface applicator can be used. Singers, actors and speakers have reported wonderful improvement and benefits.

BACKACHE

Backache, except in cases of strain or internal injury, is a symptom of some internal disorder such as lumbago and rheumatism or weak sexual organs, bladder or kidneys. Local applications will relieve immediate pain but the cause should be located and treatment applied. Relief from the above ailments is usually obtained most quickly by local application on the affected area, using the Surface Electrode with fairly strong current.

For tired, worn-out, rundown feeling, often accompanied by headache, nothing is more appropriate and relieving than Violet Ray treatments. They revitalize the system and re-establish the correct vital functions of the body.

Ozone Generator

This instrument when attached to our Generator produces enormous quantities of Ozone which is purified by passing through the inhalant mixture provided with this attachment. A few drops of the inhalant are poured on the cotton, and when the rubber bulb is agitated, the Ozone is forced through this mixture and inhaled in the form of a vapor.

When using the Ozone Generator, support the instrument on a table so that it will not roll and insert the Ozone Generator the same as any other electrode. One hand must be in contact with the glass stem of the Ozone Generator as in the illustration.

The Ozone permeates every cell in the lungs, destroying any germ life and soothing the inflamed tissues. For Anemia, Hay Fever, Coughs, Catarrh, Asthma, Bronchitis, Insomnia, Nervous Debility and Tuberculosis of the Lungs, there is no better treatment.

The treatments are exceedingly agreeable and remind one of a trip to the pine woods.

No. 28 Ozone Generator. Price, complete with all the attachments and 1-ounce bottle of inhalant. **$10.00**

OZONE GENERATOR

This style Ozone electrode can be attached to all Halliwell-Shelton Violet Ray Outfits excepting Nos. 205 and 206, which contain built-in attachments.

Treatment not over 5 to 10 inhalations at one time. Use twice a day.

What the Ozone Treatment Will Do For You

If you lack physical exercise a good number of so-called functional troubles (of men and women of the sedentary class) will gradually make their appearance. These are clearly due to under-oxygenation, which means that an insufficient quantity of oxygen is absorbed by our system.

Muscular exercise, deep breathing, will increase oxygenation and do wonders to us,—as is well known —but how often can the person needy of plenty of exercise, have same, especially when professional occupation and duties offer little chance for it? There are also a good many who may be invalid and should not exert themselves by physical strain. For all of these the Ozone Treatments will do wonders.

The Ozone Generator converts the oxygen of the air into ozone. Ozone, therefore, is a modification of oxygen; in fact, it is concentrated oxygen. It has a strong chemical action. It is a colorless gas which has a peculiar, not unpleasant, odor.

Ozone exists in larger quantities on mountain tops, at the Sea Shore and in the Country. In cities, and especially in crowded places, it is hardly recognizable. Oxygen is—as we all know—most vital to our welfare; in fact, without it we could not exist. When life is at its lowest ebb in grave cases of sickness the physicians resort to the oxygen tank to keep us breathing and alive. It is therefore not difficult to realize of what great importance ozone, which is concentrated oxygen, can be to us.

Indirect Massage

High Frequency current produces a cellular massage, the contractile effect being expended upon the individual cells composing the tissue rather than on the individual muscles. This form of massage is very effective, penetrating as it does every part of the body, and can be drawn to any desired part by the application of another person's fingers to the part of the body to which treatment is particularly desired, the patient first grasping the electrode as shown in above illustration.

No. 6 Electrode is especially designed for this treatment.

You can, however, use No. 1 with very good results; current not so strong, however. Where a very powerful treatment is wanted the metal Electrode No. 6 is used, but to avoid the sting turn the current on and off while the person treated has hand on the metal Electrode as illustrated.

Effects Desired Easily Obtained

Careful study of different ways of administration should be made before using Violet Ray so as to secure best results.

For sedative or quieting results, your entire body can be thoroughly charged with Violet Ray High Frequency current. You can completely electrify yourself. Painful sensations by sedative treatments can be calmed, as sedative action is strongly constitutional in its effects. Nervous ailments are greatly benefited by sedative treatments. They tranquilize your nerves. By keeping the electrode in close contact with part to be treated sedation can be produced locally. Sedative current creates quick and beneficial results in all nervous conditions. The entire nervous system is refreshed with a general electrification treatment.

Violet Ray can be stimulative. When an electrode is somewhat lifted during the application or used through clothing or cloth, a general stimulation is produced. This stimulation is caused by the many small sparks

generally called High Frequency Spray. They cause a pleasant and tingling sensation and bombard thoroughly the area which they cover, causing a very beneficial heating effect at the same time. They also generate ozone which is directly driven into the tissue, causing the ozonization of the blood. These sparks are also germ-killing and overcome infection.

Follow Instructions Carefully

It is necessary to give strict attention to the following instructions to receive benefits—if same are followed, excellent results will positively be obtained.

ABSCESSES—Keep electrode No. 1 in close contact with the skin. Use enough current to get the full effect of the heat generated. Treatment of 3 to 5 minutes' duration and repeat daily or twice a day, if necessary. If applied to a developing abscess, its growth can be arrested.

ACNE (PIMPLES, BLACKHEADS)—A common and very distressing condition in young people, one in which quick and permanent relief may be obtained by the use of a short spark. Treat the entire surface for about six minutes, using electrode No. 1. Use electrode No. 46, creating a mild fulguration spark where blackheads are deeply imbedded in the tissues, thus softening and permitting their easy removal. Steaming the face before treatment will be found beneficial. During period of treatments diet should be carefully regulated, avoid rich and greasy foods, and keep bowels in a healthy condition.

ALOPECIA (LOSS OF HAIR)—Commence treatment with weak current and increase to medium strength later, by using electrode No. 3. Pass comb electrode back and forth over scalp for about four minutes every day. Use same treatment for baldness due to sickness and for gray hair in order to restore it to natural condition. Electrodes No. 1 or No. 5 can be used if more convenient.

ALCOHOLISM AND DRUG ADDICTIONS—Use surface electrode No. 1 in alcohol, morphine or opium habits, apply a strong current over liver, solar plexus and spine, for six to eight minutes daily. In cocaine habits use a mild current to the soles of the feet, arms and legs until reddening results. These applications should be made through interposed towel or clothing. Short sparks are best for these treatments. Never apply current through shoes.

ANEMIA AND CHLOROSIS—Use electrode No. 1 for eight to ten minutes three to six times per week, treating thoroughly the entire chest, abdomen, back and spine, thus increasing the oxygenation of the blood, which is as effective as iron tonics to the system. Ozone inhalations are helpful and of utmost value in these cases. Use Ozone Generator No. 28.

ANEMIA

Surface Electrode should be applied to the naked body over the chest, abdomen, back, and particularly up and down the entire spine. This will have a general stimulating effect through the increase of the oxygenation of the blood. In this way the oxygen-carrying powers of the red blood corpuscles are increased.

ARTERIOSCLEROSIS AND HIGH BLOOD PRESSURE — Daily treatments of about 8 minutes' duration will lower blood pressure. As the blood approaches normal, reduce treatments to three a week, then to twice a week. A treatment every week or two should be maintained for some time to be sure of the permanency of results. Apply electrode No. 1 or No. 2, using a medium current strength over the body generally.

ASTHMA—In asthmatic conditions, the best results may be obtained through the use of the Ozone Generator, electrode No. 28. Choking and coughing fits will be promptly alleviated. A local auxiliary treatment may also be used for a sedative effect by a gentle massage over the area with the surface electrode No. 1 and mild current. Also apply electrode No. 5 to throat glands for about 6 minutes.

ATAXIA—Use a sharp spark along the spine, over buttocks, abdomen and to the back of the legs. Apply electrode No. 1 or No. 4. Daily treatments lasting about 10 minutes are necessary at first. They can be gradually decreased to about two a week with the progressing improvements.

BACKACHE—To relieve pain treat sore muscles with electrode No. 1. As backache may be due to weakness of the bladder or sexual organs, lumbago, rheumatism, kidney disease, it is important to treat the cause as well.

BARBER'S ITCH (CYCOSIS)—Cleanse the infected area with warm water and castile soap, and a mild antiseptic wash. Then treat with mild current from the surface electrode No. 1 in close contact, followed by a short spark till counter-irritation is produced. The condition is usually stubborn and may require extended treatment.

BLADDER DISEASE (CYSTITIS)—The result of vacuum tube treatment through the rectum or urethral is remarkable in inflammation of the bladder. Treatment lasting 7 minutes given daily at first and then every other day, will clear up urine very fast in nearly all of these cases. Use electrodes No. 1 or No. 2.

BRONCHITIS—Short sparks applied with electrode No. 1 or No. 2 over the chest and back, until well reddened, will give relief. This treatment may be repeated every hour until a sufficient moderation of congestion is obtained. More important than the high frequency application is to ozonize the air by means of electrode No. 28.

BRAIN FAG—Use electrode No. 1 over the forehead and eyes and to the back of the head and neck with a spark just strong enough to have a good tonic effect. In all cases, 2 or 3 minutes' inhalation of ozone (electrode No. 28) is desirable.

BREAST DEVELOPMENT—Treat the entire area to be developed. Use electrode No. 1 for about 5 to 8 minutes daily. Move it lightly over each side, from the neck downward and also from arm pit to arm pit, under each breast, pressing lightly upward.

BRIGHT'S DISEASE—Apply strong current with electrode No. 1 over the region of the kidneys for at least 10 minutes every day.

FOR THE COMPLEXION

There is no more delightful or effective method of removing blemishes or wrinkles and other complexion disorders than by Violet Ray treatment. The blood is brought to the surface and the bloom of youth and health is restored to the cheeks. Skin-troubles, Acne, Pimples and Eczema respond quickly to Violet Rays. No beauty specialist is nowadays without a Violet Ray outfit.

BRUISES—Treat injured area with electrode No. 1. First with close contact and later with gradually increasing spark. Use lubricant.

BUNIONS—Electrode No. 18 or No. 51, using a fairly strong current, should be applied directly over the inflamed area followed by a gentle spark.

CALLOUSES—On calloused areas of foot a mild fulguration spark obtained from electrode No. 20 will soften the hardened tissues so they

can be readily removed. If soreness follows, treatment over the area with the surface electrode No. 1 in direct contact with the skin will afford relief.

CANCER—Mild forms of cancer are treated with a strong spark. Use electrode No. 20. Consult authority, as surgery is usually required in conjunction.

CANKER—A medium current for 1 or 2 minutes should be applied with electrode No. 10 or No. 58, or any suitable dental electrode.

CARBUNCLES—Use electrode No. 1 in loose contact with the inflamed area and pass it back and forth over it for 5 to 10 minutes. This will relieve pain and promote an early ripening of the carbuncle. Electrode No. 18 is also very convenient.

CATARRHAL CONDITIONS—In catarrh of the nose and throat the ozone generator No. 28 is of great value and should be used two or three times daily for about 5 minutes at a time, followed by treatment in the nostrils with the nasal electrode No. 16 or 52 with mild current for about 3 minutes. Care should be used that the current is not turned on until after insertion of the electrode.

CATARACT—Five minutes daily treatments with electrode No. 18 in contact with closed eyelids, with not too great an intensity of current.

CHAFE—Use vaseline, followed by a medium current with electrode No. 1 for 5 to 6 minutes in close contact with skin.

CHAPPED HANDS OR FACE—Apply vaseline first. Then use a weak current with No. 1 electrode for 2 minutes in contact with skin.

CHILBLAINS—Use electrode No. 1 for 6 to 8 minutes in contact with the skin. It may be held steadily over the chilblain or moved slowly about as desired. Repeat daily or every other day until cured.

COLD HANDS OR FEET—Improper circulation in the extremities may be relieved by a gentle spark over their surface, gradually increasing until a sense of warmth prevails. Use electrode No. 2. Repeat often; if necessary, three times a day.

COLDS—Cold in the head will be benefited by inhalation from ozone generator (electrode No. 28), followed by mild current through nasal electrode No. 52. The surface electrode No. 1 may also be used over the antrum, mastoid region, and back of neck.

COLD IN LUNGS—Treat the chest and back. Follow instructions given under Asthma. Take ozone inhalations repeatedly for several minutes. Electrode No. 28.

CONSTIPATION—Relief will be obtained by a thorough downward massage over the abdominal region with surface electrode No. 1 applied first directly to the skin and followed by short spark over the same area. Ten minutes daily is advised first, later dropping to two or three times a week. If the constipation is particularly stubborn, peristaltic action will be stimulated by means of the insertion of an insulated rectal electrode (Nos. 14, 34, 36 or 63), properly lubricated, for a period of 4 to 6 minutes. Apply current after insertion.

CORNS—Hard corns may be entirely removed by the application of the fulguration electrodes Nos. 18 or 51, care being used to apply the spark particularly upon the hard tissue and not on the surrounding area.

DANDRUFF—Shampoo the scalp before treatment, dry it thoroughly and apply a medium current, with applicator No. 3, using it in the same manner as an ordinary comb for 3 to 5 minutes. Repeat this treatment at intervals of 2 to 3 days. Do not use any hair tonic.

DEAFNESS—Unless the drum of the ear is ruptured, chronic deafness may generally be relieved and in many cases entirely cured by high frequency treatment. Ear electrode No. 10 should be used for about 4 minutes. The gentle stimulation thus afforded the delicate aural nerves

and the mild massage of the drum will often result in an immediate improvement in hearing. As a further treatment the surface electrode may be applied over the mastoid region for 2 or 3 minutes with a gentle, mild current.

DIABETES—Apply electrodes Nos. 1 and 2 over the abdomen, and if proper diet is observed, results will be quickly obtained. Apply a strong current for about 8 minutes through a thin towel twice a day.

DIPHTHERIA—Apply electrodes Nos. 10 and 58 to inside and outside of throat respectively. Ozone inhalations have proven most beneficial (Ozone Generator No. 28).

DYSPEPSIA—Apply surface electrode No. 1 over stomach and solar plexus. The great tonic effect of ozone inhalations makes it a useful adjunct.

EARACHE—Relief obtained by application of ear electrode No. 10, using a mild current for 3 to 5 minutes. Applications to the back of the ear and over the side of the face covering facial nerve with electrode No. 1 assist treatment greatly.

ECZEMA — A handkerchief laid over the surface will cause a slight spark and is preferable. If the skin itches hold the electrode slightly away from the surface. This will relieve and gratify. Use electrode No. 1 or No. 18.

EYE DISEASES—Iritis, retinitis, atrophy of optic nerve, conjunctivitis, trachoma, glaucoma, incipient cataract, paralysis of ocular muscles, intro-ocular hemorrhage have all been treated by high frequency currents. Close eyelids and apply a mild current with electrode No. 18 or No. 39 for short periods, not exceeding 3 minutes at one time.

FELONS—Treat with No. 1 electrode and a mild current in close contact daily from 4 to 6 minutes.

FEMALE TROUBLES — Use electrodes Nos. 13, 30 or 31. They should be lubricated before insertion. Turn the current on after insertion of electrode and turn the current off before removing to avoid unnecessary sparking. A medium current for 5 minutes is applied. Repeat treatment as circumstances require. During menstruation an excessive flow of blood may result, as high frequency currents draw the blood.

FOR THE EAR

Earache, deafness and other disorders of the auditory organs yield readily to the Violet Ray. In some cases, hearing has been restored completely.

Use Electrode No. 10, inserting it into the ear, using a mild current for a short length of time. Where the pain is acute it is sometimes necessary to take hourly applications. If heating effect is too marked during treatment interrupt the application and repeat later.

When inflammation exists treat about the ear with No. 1 Electrode from 5 to 6 minutes with mild current.

FISTULAS—Use electrode Nos. 14, 36 or 63, as indicated. Lubricate electrode before insertion into rectum. Use a medium current for about 5 minutes daily.

FLABBY BREAST—A stimulating application with the surface electrode to the relaxed nipple of the flabby breast will immediately show its beneficial effect.

FRECKLES—Several weeks' treatment will be required. Use electrode No. 1 with a medium current daily from 4 to 6 minutes.

FROST BITES—Treat affected part with No. 1 electrode, using a mild current for from 5 to 7 minutes.

FURUNCULOSIS—Treat with No. 1 electrode with mild or medium current. Inflammation will cease quickly.

GOITRE—The absorption of tissue being necessary, treat with external throat electrode No. 5 in close contact with the skin and follow with moderately sharp spark over the surface and sides of the protuberance. Persistence in this treatment is necessary.

GOUT—This condition may be helped by a continued massage over the area with a surface electrode and a mild current. If pain is felt at first begin with short treatment and increase. Do not treat during acute attack.

GRAY HAIR—The natural color of hair can often be restored by patient treatments with electrode No. 3. See under Alopecia. Sometimes several months are required for results. Keep the scalp clean. Use a current of sufficient strength for good stimulation once or twice every day.

SCALP TREATMENT

Nothing is more beneficial to the scalp than the application of the Violet Ray. It revitalizes impoverished hair, restores its natural lustre. In order to obtain results it is necessary to be both persistent and consistent in the use of Violet Ray, as treatments must sometimes continue over a long period of time in obstinate cases. Treatments should be from 3 to 5 minutes a day using the comb Electrode. Do not use hair tonic that contains alcohol, as this is inflammable. Falling hair can be stopped in time by Violet Ray scalp applications. Prematurely gray hair can be restored to its natural color by persistent applications. Dandruff and other scalp troubles are usually quickly relieved,

GRIPPE (INFLUENZA) — Treat spine, solar plexus, over eyes and sides of nose. Inhalations from Ozone Generator (No. 28) will greatly aid. Intra-nasal applications by electrode No. 52 are also beneficial.

HAY FEVER—Apply electrode No. 1 over the nose and the spine and No. 28 in nostrils. Anticipate the trouble and begin before discomfort is felt.

HEADACHES—Headaches are from varying causes. If relief is not had from applying to the seat of pain, cover the spine and stomach. Apply No. 1 electrode.

HIVES AND RASH—Use electrode No. 1 with medium current strength to affected area. Use vaseline before applying the electrode; 3 to 5 minutes should be sufficient. Repeat daily.

HEMORRHOIDS (PILES)—Use hemorrhoidal electrode No. 63 with mild current for about 4 to 6 minutes, care being observed that the electrode is properly lubricated and that current is not turned on until after insertion.

INSOMNIA—Cover back of head, neck and eyebrows in order mentioned. Use electrode No. 1; a strong current is essential in treating this ailment.

LEUCORRHEA—Follow the directions given under female troubles. Also use electrode No. 4, moving it up and down the spine slowly. A strong current must be used for about 5 to 6 minutes daily.

LUMBAGO—Treat over painful area until all pain is dispelled. Use electrode No. 1 and as strong a current as can be tolerated. Repeat treatment whenever pain reappears until cured.

MASSAGE—Metal electrode No. 6 to be held by patient in one hand, turning on current after it has been grasped. Masseur's fingers will draw sparks to point massaged. Use lubricant while massaging.

MUMPS—Treat the swollen parts with a medium current, using electrode No. 1, keeping it in contact for about 5 to 8 minutes. Repeat as necessary, at least once a day.

NERVOUSNESS—Treat the spine, back of head and neck with a mild current, using electrodes Nos. 1 and 4. Immediate results are felt in all cases. Use a weak current at first and increase the strength gradually; 5 to 8 minutes is the average duration of treatment.

NEURALGIA—Apply to seat of pain, after applying lubricant, raising electrode occasionally to produce spark. Treat with No. 1 electrode; time of treatment 5 to 10 minutes.

NEURITIS—The first few treatments usually increase the pain, after which relief is felt, and the current may be increased and a short spark given. Apply at the seat of pain with surface electrode No. 1.

RHEUMATISM

There is no surer antidote on earth for rheumatism than Violet Ray treatment. In some cases rheumatism disappears almost completely after a few treatments.

OBESITY—Use electrode No. 1 and apply to affected parts consistently. Begin with a medium current and increase to full power. Rigorous diet, exercise and personal hygiene must, of course, be observed.

PAINS—Apply at seat of pain until relieved with current and method to give best results. Use electrode No. 1.

PARALYSIS—With electrodes No. 1 or No. 2 treat paralyzed muscles, employing a current strong enough to produce a half or three-quarter inch spark. Part of the time keep the applicator in contact with the skin and part of the time raise it above the surface to get effective spark.

POISON IVY—Apply lubricant first. Use No. 1 electrode or No. 2 edgewise so as to cause plenty of sparking over the whole affected area. Lift the applicator here and there and treat with a strong current for from 3 to 5 minutes.

PROSTATIC DISEASES—This most distressing ailment, common to so many men of middle age, is one in which the high frequency current is almost a specific. The treatment indicated is with the prostatic electrode No. 9. See Pages 14 and 15.

PYORRHEA—Treatments with suitable dental electrode with a weak or medium current will help to re-establish a healthy condition of the gums. High frequency treatments promote proper nutritional improvements and in addition to this have antiseptic and antitoxic properties. A dentist should always be consulted.

RED NOSE—Use electrode No. 1 and apply for short periods, say about 2 minutes, small sparks by holding the electrode edgeways or lifting it about one-eighth of an inch. The object is to destroy the enlarged veins and treatment must not be carried too far at one time. It should be repeated as condition permits. Several days between treatments may sometimes be advisable.

RHEUMATISM—High frequency currents are of exceptional value in muscular and in chronic articular rheumatism. The pain will be relieved by application of surface electrode No. 1 with massage, using lubricant, if necessary. Follow with fairly strong spark until pronounced redness is produced. This treatment persistently followed has in many cases resulted in a permanent cure. While relief may be obtained in one treatment, a permanent cure may require much time and patience.

RINGWORM—Use electrode No. 1 and apply short sparks for several minutes two or three times every other day. A medium current is sufficient. Move the electrode so as to cover the entire affected area.

SCARS—If the tissue is hardened or callous its removal may be facilitated by the application of a mild spark through electrode No. 20.

SCIATICA—Treat with a sharp spark along the course of the sciatic nerve until a redness is produced. Use electrode No. 1 or No. 2.

SKIN DISEASES—Treat over the affected tissues with surface electrode No. 1 held in close contact for from 5 to 15 minutes. Follow by moderate spark 3 to 5 minutes. Treat once daily. If the skin is moist, talcum powder should be used so that electrode will not stick. See also Acne and Eczema.

SORE FEET AND STONE BRUISES—Applications with any suitable applicator in close contact with the skin bring quick relief. Use lubricant and treat for several minutes.

SORE THROAT (TONSILITIS)—Electrode No. 5 is best suited for external throat applications. Hold directly against the skin with fairly strong current. The use of the Ozone Generator No. 28 for several minutes following will also be beneficial.

HEADACHE TREATMENT

SPRAINS—The pain and soreness following a sprain may be alleviated by treatment, first with the surface electrode in contact with the skin and later by a mild spark, gradually increasing in strength until a hyperemia is produced.

STIFFNESS OF JOINTS AND MUSCLES—This condition is generally due to the over-employment of certain muscles. The resulting stiffness and soreness may be relieved by the use of surface electrode No. 1.

ULCERS—Apply a strong current with No. 2 electrode for 5 minutes in contact, lifting applicator once in a while to produce sparks of at least one-quarter inch. Repeat daily.

WARTS AND MOLES—These disfigurements, no matter of how long standing, may be most successfully treated by the application of a spark through the fulguration electrode No. 20. The greatest care must be exercised that these sparks do not come in contact with the surrounding tissues. Permanent results may be expected, and the most disfiguring warts or moles removed without leaving a trace by these means.

WHOOPING COUGH—Apply No. 1 electrode in the same manner as explained under Asthma and use also Ozone Inhalations with the Ozone Generator No. 28.

WRITER'S CRAMP—Treat with gentle spark over the affected fingers and thumb, also massage with surface electrode over palm of the hand.

WRINKLES—Are commonly caused by using a given set of facial muscles more than normally. They can be removed by applying electrode No. 1 or No. 18 with a rotary, massaging movement. High frequency current revitalizes tired muscles and arrests the blighting marks of time.

Medical authorities agree that 65% of all men past middle age (many much younger) are afflicted with a disorder of the prostate gland. Aches in feet, legs and back, sciatic pains, are some of the signs. No longer should a man approaching or past the prime of life be content to regard these pains and conditions as inevitable signs of approaching age. The Halliwell-Shelton Violet Ray is used to restore youthful health and vigor and to restore the prostate gland to its proper functioning.

In treating the Prostate through the rectum the technique consists in placing the patient on one side in the Sims' position with the knees well

drawn up. The No. 9 Electrode is lubricated, inserted in handle and then inserted into the rectum about six inches with the depression in the tube turned toward the front or anterior wall of the rectum so the gland rests into depression for best results. In Prostatic diseases of all kinds the High Frequency current has proven most efficacious. If, however, you are fortunate to have a Low frequency circuit in your machine, that is preferable in this treatment. For home use a two-piece machine is more desirable on account of the convenience of turning the current on and off. The duration of each treatment is 3 to 5 minutes. Results found in all forms of Prostate diseases are extraordinary. Enlarged Prostate should show improvement from the very first—about two to three treatments a week.

Same treatment used with remarkable results in Senile hypertrophy. Two or three treatments a week then skip a month.

Directions for Operation

1—Insert the Glass Applicator into the handle of machine.

2—Attach the plug to the lamp socket.

3—Turn the current on: first, electric light switch; second, knob switch on machine.

4—Turn the adjusting knob switch to the right or left also to increase or to diminish the Violet Ray discharge. Also give extra turn when finished to insure electric current is broken.

5—*In the indirect treatment*, the party to be treated should hold the instrument, with the metal Electrode No. 6 attached in hand. The current should then be turned on and some second party, with either hand, fingertips or another applicator, draw the current to the desired spot of the patient's body. This method can be used for body massage, facial massage and scalp treatment. No. 1 Applicator may be used in place of No. 6, although it is not so strong and desired results not so easily obtained.

6—Do not attempt to repair instrument, if the necessity arises, but write to the factory, advising of your difficulties and we will inform you what to do.

7—*Do not use our* instrument in connection with any *tonic containing alcohol on the hair.*

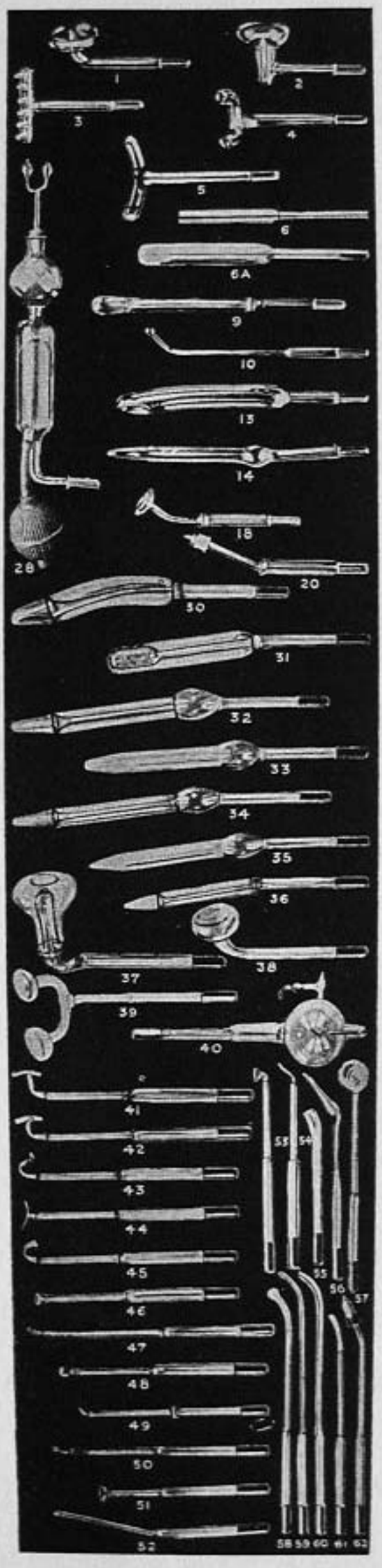
8—Any treatment should be started with a mild current and gradually increased to the required strength.

9—When a treatment is completed, do not forget to turn off the current at the switch, or to be on the safe side, *remove plug from the electric light socket.* Damage arising from carelessness is not covered in our guarantee.

10—The standard winding for this instrument is 110 Volts. If voltage is higher or lower than 15 per cent, special windings or series resistances must be used to obtain the best results. We will supply all necessary information upon request.

11—Take care of the connecting cords. They should be kept dry and free from knots and twists and must be repaired when signs of wear are apparent.

12—Should you break the glass Electrode off in the machine accidentally, simply take a pair of long-nose plyers and pull out the broken part.



General High Frequency Electrodes

Made from the best annealed imported glass. Do not confuse the Halliwell-Shelton Electrodes with Electrodes made from plain glass

VIOLET RAY

No. 1—General surface for head, face or body $1.00
No. 2—Large condenser electrode, delivers strong current. For rheumatism, lumbago, etc. $3.00
No. 3—Large comb, scalp or body $1.50
No. 3A—Derma Art Comb $1.50
No. 4—Spinal electrode $1.50
No. 5—External throat, arms, limbs $1.00
No. 6—Metal handle used for giving indirect treatment $1.25
No. 9—Insulated prostatic electrode $2.00
No. 10—Ear or internal throat $1.00
No. 13—Plain vaginal $1.00
No. 14—Plain rectal, small diameter $1.00
No. 18—Eye electrode, also for corns $1.00
No. 20—Fulguration electrode for removal of warts, moles, diseased growths, etc. $2.00
No. 28—Ozone generator, with 1 oz. bottle of inhalant, nose and mouthpiece, and bulb $10.00
No. 30—Insulated vaginal electrode, large diameter $2.00
No. 31—Insulated vaginal electrode, generates ozone in vagina $3.00
No. 32—Insulated rectal, large diam. $2.00
No. 33—Plain rectal, large diam. $1.00
No. 34—Insulated rectal, med. diam. $2.00
No. 35—Plain rectal, medium diam. $1.00
No. 36—Insulated rectal, small $2.00
No. 37—Large kataphoric (cocaine) electrode—Medicated cotton inserted and high frequency applied through medicated contents. Particles of medicament are driven into tissue by molecular bombardment. Effect is purely local $4.00
No. 38—Hollow surface shaped, generates ozone within cavity and fits nicely over certain parts as cheek bones $1.25
No. 39—Double eye electrode $1.50
No. 40—Actinic ray electrode for acne vulgaris, ringworm, lupus, etc. Developes sufficient X-ray to cause actinic or chemical ray effect $10.00
No. 41—Dental electrode for gum treatment, right side of jaw $2.00
No. 42—Dental electrode for gum treatment, left side of jaw $2.00
No. 43—Dental electrode for gum treatment, inside of jaw $2.00
No. 44—Dental electrode for front gum treatment $2.00
No. 45—Dental electrode, inside jaw $2.00
No. 46—Insulated electrode, covers small area for pimples $2.00
No. 47—Dental kataphoric (cocaine) electrode $2.00
No. 48—Dental electrode for gum $2.00
No. 49—Dental abscess electrode $2.00
No. 50—Dental electrode ball shaped $2.00
No. 51—Corn electrode $2.00
No. 52—Plain nasal electrode $1.00
No. 53—Dental electrode, hollow bulb $1.75
No. 54—Eyelid electrode $2.00
No. 55—Small kataphoric (cocaine) electrode. See No. 37 ..... $2.00
No. 56—Insulated ear electrode $2.00
No. 57—Insulated spatulum or tongue $2.00
No. 58—Insulated internal throat $2.00
No. 59—Insulated urethral electrode $2.00
No. 60—Plain urethral $1.00
No. 61—Insulated nasal electrode $2.00
No. 62—Dental fulguration electrode $1.75
No. 63—Hemorrhoidal $1.00

NEON ELECTRODE PRICES

All regular Violet Ray Electrodes as listed above at $1.00 each can be supplied in Neon at $3.00 each.

All regular Violet Ray Electrodes as listed above at $1.75 and $2.00 each can be supplied in Neon at $4.00 each.

The
SHERTON
HIGH
FREQUENCY
VIOLET
RAY
for
Beauty
and
Better
Health

THE RELIEF OF PAIN AND THE TREATMENT OF DISEASE BY

VIOLET RAY

Shelton Violet Ray

PRICE

50c

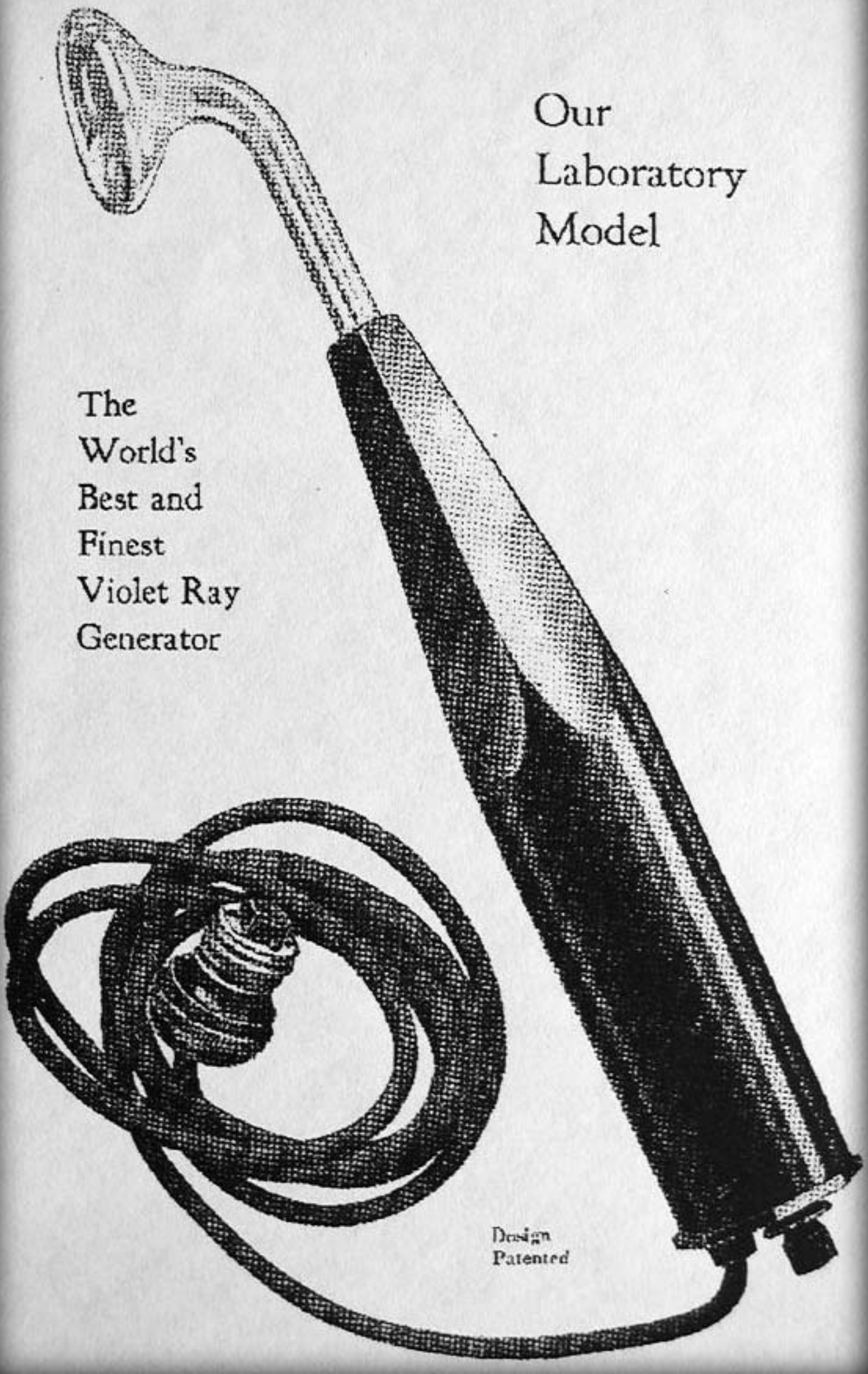
Shelton Electric Co.

Factory and General Office

Long Island City, New York

Western Office

30 East Randolph St., Chicago


Our
Laboratory
Model
The
World's
Best and
Finest
Violet Ray
Generator
Design
Patented

The Shelton Violet Ray
High Frequency Generator

is the result of years of experience and experimentation on the part of the Shelton Laboratories. It is manufactured under the personal supervision of Mr. Gentry Shelton, President of the Shelton Electric Company Laboratories. Mr. Shelton is prominent in the electrical world as the inventor of the famous Shelton Vibrator and other well-known electric specialties. The Shelton Violet Ray Generator is as perfect as experience and workmanship can make it and is designed for both professional and home use. It is recommended, used and approved by the medical profession.

The Shelton Violet Ray Generator is the finest article of its kind manufactured in the world. Like the Shelton Vibrator, which is the acknowledged leader of the Vibrator field, the Shelton Violet Ray Generator is the leader of the Violet Ray world.

The Shelton Violet Ray can be used by anyone, anywhere. Its construction is simple; its design is appealing, its workmanship is of the best, and the results it gives are vouched for by thousands, who have benefited by its use.

In brief, the Shelton Violet Ray makes it possible for everyone to enjoy right at home the energizing, health-giving and pain-relieving powers of this wonderful ray.

THE SHELTON LABORATORIES

are located at Long Island City, New York. In these Laboratories a series of experiments is constantly being conducted with the idea of producing the best that bears the stamp of Shelton.

NEURITIS

Is an inflamed condition of the nerves. Any nerve can be affected. Pain and tenderness extend usually over the whole diseased nerve trunk. A mild current should be used at first and electrode kept in close contact with the body, moving it lightly. In some cases an increase of the pain may be noted at beginning. However, this state is soon overcome, then a more powerful spray can be applied.

Effects from Violet Ray treatments are systemic and not only local. Therefore all treatments have a fundamental action on health and benefit nerves and nerve endings.

What the Violet Ray Is

The Violet Ray High Frequency Current, or as it is more commonly called, the "Violet Ray," is a new phase of electricity. It is applied to any part of the human body without pain, muscular contraction or disagreeable sensation of any kind. The electrical oscillations representing the High Frequency Current follow each other with such tremendous rapidity that they outspeed our nervous sensibility; we do not become conscious of their presence; in other words: our nerves are insensitive to the electrical oscillations of the Violet Ray. The oscillations are so rapid that they exceed many hundred thousand repetitions per second. The Violet Rays are pleasing, and though most stimulating and highly invigorating to the entire system, nerves or muscles, cannot record the presence of their great power.

What Violet Rays Do

Violet Rays or High Frequency Currents benefit all living matter. Through the glass vacuum applicator light, heat, electric energy and ozone are created. These forces are uniformly potent in relieving and eliminating human ailments. Violet Rays present a remedy upon which we can rely. They are positive and certain in action. They will reach where medicine does not, and often cannot—yet they cause no pain, no disagreeable sensation or discomfort. They furnish a soothing relief. They destroy germs and have a strong power over infection.

A Violet Ray treatment is the surest method of relieving pain. Applied to that part of the body where the pain is severest, the rays and High Frequency electrical discharge penetrate every cell, tissue and organ and tranquilize and soothe. They build up the forces of nutrition and general health. Violet Rays will stimulate and strengthen the vital organs, develop the body and steady the nerves, spraying thousands of volts of High-Frequency electricity into any weak, sluggish or painful organ or muscle, purifying and causing the flood of warm, rich blood to surge through the treated part, at the same time being painless and pleasant. Violet Rays have only to be tried to be appreciated.

Violet Rays for Well People, Too

Even if you are at present strong and well in every respect, the use of Violet Rays will be of immense benefit to you. They provide a stimulation to which a healthy body immediately responds. They safeguard you against the coming illness and reduction of vitality.

The Discovery of Violet Rays

You have no doubt often seen a fountain play and watched with pleasure the fine, soft mist which fell gently about it. This idea has been applied to electricity. Taking a strong, powerful electric current it is transformed into a soothing, invigorating spray which is not only absolutely harmless but exceedingly pleasant and beneficial to use.

This startling new invention at once replaced the old-time faradic current machines which were used for medicinal purposes at the cost of severe pain and muscular contraction on the part of the patient. The High Frequency Generator is an almost unbelievable advance in the development of electricity, for it accomplishes wonderful results without the slightest degree of shock or pain.

Astounding Phenomena Produced by Violet Rays

The Shelton Violet Ray High Frequency Current is applied in treatments through vacuum electrodes made of annealed glass. These electrodes, or applicators, diffuse the current in sprays of a beautiful deep red and violet color. Although the discharge from the glass applicator seems sometimes to be a single spark, it is in reality made up of numberless successive sparks which vibrate to and fro, or oscillate, as it is technically termed.

1. Violet Ray High Frequency Current of the Shelton Generator is *uni-polar*. That is, the current is applied from one pole only. All other forms of electricity require a complete circuit between two poles.

2. Violet Rays traverse space in the form of *ether* waves, as in wireless telegraphy or telephony. An electrode will emit light at a distance of several feet from a charged person. You can readily see the violet colors reaching out and flowing into space.

3. Violet Rays *penetrate* all substances, including the non-conductors of ordinary electricity. The High Frequency Current passes easily

ANEMIA

Surface Electrode should be applied to the naked body over the chest, abdomen, back, and particularly up and down the entire spine. This will have a general stimulating effect through the increase of the oxygenation of the blood. In this way the oxygen-carrying powers of the red blood corpuscles are increased.

through the glass electrode of the Violet Ray. It will even penetrate a piece of glass two inches or more in thickness.

4. Violet Rays have *actinic* action on tissues and in general; that means they exert a chemical activity, a fact which counts especially in the application in skin diseases and surface cancerous conditions.

5. Violet Rays generate enormous quantities of *ozone*. *Ozone*, which is a concentrated form of oxygen, is extremely beneficial to man. It is a health-giving and body-building element.

6. Violet Rays are pleasant to use. Even the most sentitive persons enjoy them. They do not cause pain, muscular contraction or disagreeable sensations. The reason for this is that our sensory nervous system cannot respond to the marvelously fast oscillations of the Violet Ray High Frequency Current.

No Shocks—No Pain

Do not confuse Violet Rays with machines which shock the body. There is absolutely no pain or shock experienced in a Violet Ray treatment. It is a delightful, soothing sensation that you will enjoy to the utmost. Use Violet Rays frequently and you will see for yourself how pleasant and invigorating they are.

There is not the least danger connected with the use of the Shelton Violet Ray instrument.

Why You Should Use Violet Rays

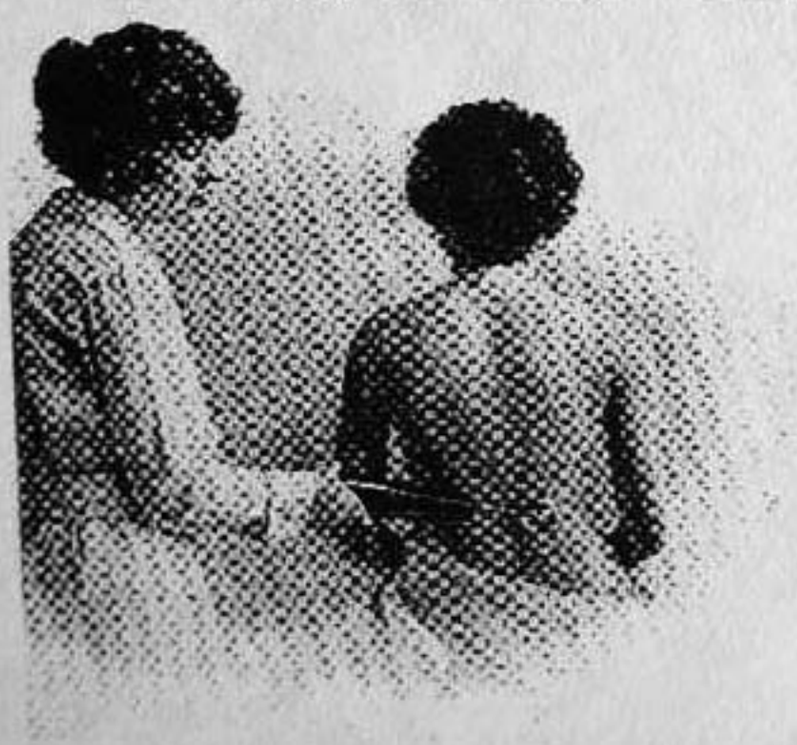
Shelton Violet Rays should be used by everyone experiencing sickness or ailments of any kind.

The healing properties of Shelton Violet Rays are manifold, and they accomplish what drugs and medicines never can. The regular introduction of a vitalizing shower of diffused electricity into your system is exactly what is needed to make it function properly and efficiently.

No matter how well you may be feeling today, tomorrow may bring sickness. But if you have been taking regular treatments with Violet Rays the chances that you will succumb to illness are very slight. Violet Ray treatments keep your constitution at "par."

The healthiest people in the world are those who are always striving to better their physical conditions. And there is nothing like a Violet Ray treatment to infuse vitality and energy into your body.

To be healthy, use Violet Rays. To keep healthy, use Violet Rays.



Kidney Troubles

The kidneys perform a very important task in our body. They are the organs of excretion. If their function is somehow impaired by inflammation due to heavy cold or due to congestion or other causes, grave consequences are resultant.

Violet Rays exert a powerful influence. The very fact that albumen in the urine quickly disappears after a few applications alone proves sufficiently their importance in fighting this class of sickness. Nobody who suffers from kidney disorders can really afford to be without the Shelton Violet Ray. It helps when other means, especially drugs, have long been given up as useless.

Different Effects Obtainable

The treatments can exert different effects, according to their way of administration.

FIRST—They can be sedative or quieting and soothing. You can charge your entire body with the Violet Ray high frequency current. You can electrify yourself completely. You can calm painful sensations by sedative treatments; besides sedative action is strongly constitutional in its effect. Sedative treatments are of great benefit in all nervous ailments. They tranquilize your nerves. Sedation can be produced locally by keeping the applicator in close contact with the part to be treated. Nervous troubles are quickly and most beneficially influenced by the sedative current. A general electrification treatment refreshes the entire nervous system.

SECOND—They can be stimulative. Stimulation is produced whenever an electrode is somewhat lifted during the application or used through clothing or cloth.

This stimulation is caused by the many small sparks called the High Frequency Spray. They bombard the area which they cover, causing a tingling but pleasant sensation. They have a beneficial heating effect, too. Besides they generate ozone. Particles of this ozone are driven right into the tissues, causing the ozonization of the blood. Sparks are also germ-killing and have a great power over infection.

Stimulating treatments are best produced by application through the clothing or through a towel which has been put over the part to be treated. As the length of the stimulating spray depends on the thickness of the interposed dry resistance, that is the clothing or towel, any desired effect is obtainable. Anything from a handkerchief to a doubled Turkish towel can be used for this purpose. The use of any kind of cloth insures a uniformity in spark length which cannot be obtained in any other way. Powdering the skin with talcum powder often suffices to create the desired dry resistance. This will at the same time allow an easy sliding of the applicator. A slight perspiration results from the treatment; this is natural. If the application of talcum powder is not desirable, use of lubricant is recommended.

Stimulating treatments through clothing find a profound use in rheumatism, lumbago, partial paralysis, etc. Slight stimulation is also sometimes desired in skin troubles where the blood circulation is impaired. A single layer of a handkerchief presents enough resistance in such a case. Chronic rheumatic troubles, however, may require the use of several layers or a Turkish towel.

GOITRE

By using the No. 5 Electrode, throat and neck may be treated with admirable results. Many physicians recommend this treatment for Goitre.

Many cases yield to treatment using Electrode No. 5 with the strongest current that can be tolerated. Treatments should be of not longer than four minutes' duration and not more than once a day. Results are not usually apparent until a dozen or more treatments have been taken.

For sore throats, also for improvement of the voice, the surface applicator can be used. Singers, actors and speakers have reported wonderful improvement and benefits.

Long sparks from the applicator will cause a counter irritation. Counter irritation relieves wonderfully quick, pains of many sorts.

It is often the very welcome means to kill the pain of a toothache. You will appreciate this pain-relieving quality of the Violet Ray also in sprains, strains, bruises, etc. Counter irritating applications are better, swifter, and more effective than plasters and liniments. In fact, they replace them entirely. Stimulating treatments are long lasting in their effects. They are not like drugs or a glass of wine, because they are not followed by a reaction. They do not create any habits.

Preparation for Treatment

Surface treatments can be given in direct contact with the skin, and also through the clothing. As any clothing represents an interposed dry resistance, a treatment through the same would cause small sparks. It depends entirely on the desired effect, which way to treat, and the instructions given in our booklet refer to the proper technique. If no sparks are desired any clothing covering the part to be treated must be removed.

Metallic objects as hairpins, corset steels, chains, should be taken off if they cannot be avoided in the treatment.

BACKACHE

Backache except in cases of strain or internal injury is a symptom of some internal disorder such as lumbago and rheumatism or weak sexual organs, bladder or kidneys. Local applications will relieve immediate pain but the cause should be located and treatment applied. Relief from the above ailments is usually obtained most quickly by local application on the affected area, using the surface Electrode with fairly strong current.

For tired, worn-out, rundown feeling, often accompanied by headache, nothing is more appropriate and relieving than Violet Ray treatments. They revitalize the system and re-establish the correct vital functions of the body.

For Mild Treatments

Keep the applicator in close contact with the body at any part which requires a mild treatment.

Start with the weakest current possible. Avoid the initial little discharge which occurs when you bring the applicator close to the body in making the contact. Make contact quickly and the initial discharge will not be annoying. Do the same when the treatment is finished. Remove the electrode quickly. This will save you the little sparks you may otherwise feel. By no means does this little spark, when making contact with the applicator and when removing it, hurt. If you think it does, it is imaginary. Just use common sense and a little judgment and you wll find that even one-half inch of High Frequency discharge does not cause any pain.

To Relieve Pains Use the Following Technique

Always apply as much of a current strength as can be tolerated. If a person is very sensitive, keep the electrode in close contact with the painful spot and move it slowly about. If the sufferer from pain does not object to it, treat through

clothing or a towel and cause a counter irritation by sparks. It depends largely on the part or area you treat what method should be employed. It is therefore necessary to adapt yourself to circumstances.

Many people, after stopping their treatments for many weeks, and even months, report continual increase in health and strength. As a matter of fact, the greatest benefit comes after the course of treatment is over. This answers the question often asked as to whether the treatment does not have to be kept up indefinitely.

About Orificial Treatments

All orificial electrodes must be lubricated before insertion. They should be properly sterilized. It is wrong to believe that orificial treatments are painful. There is, in fact, no other sensation than that of a beneficial warmth during the application. Orificial treatments do not last over 5 minutes. It is also advisable to move the electrode during the treatment just slightly so as to avoid its sticking to the mucous membrane. Orificial treatments require, for safety's sake and for better results, always two people, patient and operator. Always turn the current on after insertion of the applicator and turn the current off before removing the same.

FOR THE COMPLEXION

There is no more delightful or effective method of removing blemishes or wrinkles and other complexion disorders than by Violet Ray treatment. The blood is brought to the surface and the bloom of youth and health is restored to the cheeks.

Skin-troubles, Acne, Pimples and Eczema respond quickly to Violet Rays. No beauty specialist is nowadays without a Violet Ray outfit.

WARTS AND MOLES

The proper treatment of warts is by using the Fulguration Electrode No. 20.

After each treatment a slight soreness and warmth is felt and in some cases, especially where the individual has red or light hair, a local irritation may set in. This is nothing to be alarmed about but such persons should allow three or four days between treatments. A large wart usually requires from four to six treatments of 35 to 45 seconds each and will dry up and drop off within ten to twelve days, the remaining mark gradually disappearing, within the next thirty or forty days, leaving no scar as a memory at the end of that time.

Take Care of Glass Applicators

Cleanliness is of great importance. Inasmuch as the Violet Ray in itself is germicidal in character, all applicators should, nevertheless, be kept clean so that no infection can be spread wherever several people may use the same Violet Ray Instrument. The wiping off of the electrodes on a towel or just rinsing in water is not enough. Use warm water and soap at least to guard against troubles. Especially in cases of skin and scalp diseases be exceptionally careful. All glass electrodes stand heating and can be boiled in water. If you intend to use some antiseptic solution for immersing the electrode, be sure that the mixture is strong enough. Benetol, Lysol and other solutions are used especially with all orificial electrodes. Rinse these sterilized electrodes in warm water before using them.

This style Ozone electrode can be attached to all Shelton Violet Ray Outfits excepting Nos. 205 and 300, which contain built-in attachment.

Treatment not over 5 to 10 inhalations at one time. Use twice a day.

Ozone Generator

This instrument when attached to our Generator produces enormous quantities of Ozone which is purified by passing through the inhalant mixture provided with this attachment. A few drops of the inhalant are poured on the cotton, and when the rubber bulb is agitated, the Ozone is forced through this mixture and inhaled in the form of a vapor.

When using the Ozone Generator, support the instrument on a table so that it will not roll and insert the Ozone Generator the same as any other electrode. One hand must be in contact with the glass stem of the Ozone Generator as in the illustration.

The Ozone permeates every cell in the lungs, destroying any germ life and soothing the inflamed tissues. For Anemia, Hay Fever, Coughs, Catarrh, Asthma, Bronchitis, Insomnia, Nervous Debility and Tuberculosis of the Lungs, there is no better treatment.

The treatments are exceedingly agreeable and remind one of a trip to the pine woods.

No. 28 Ozone Generator. Price, complete with all the attachments and 1-ounce bottle of inhalant. See page 24. **$10.00**

What the Shelton Ozone Treatment Will Do For You

If you lack physical exercise a good number of so-called functional troubles (of men and women of the sedentary class) will gradually make their appearance. These are clearly due to under-oxygenation, which means that an insufficient quantity of oxygen is absorbed by our system.

Muscular exercise, deep breathing, will increase oxygenation and do wonders to us—as is well known—but how often can the person needy of plenty of exercise, have same, especially when professional occupation and duties offer little chance for it? There are also a good many who may be invalid and should not exert themselves by physical strain. For all of these Shelton Ozone Treatments will do wonders.

Treatment: Cover the nose and mouth; inhale; then take away from mouth and exhale. Repeat 5 to 10 times, night and morning.

This method of Ozone treatment is built in Outfits Nos. 205 and 206. This style, therefore, permits of greater volume of Ozone and is easily operated.

The Shelton Ozone Generator converts the oxygen of the air into ozone. Ozone, therefore, is a modification of oxygen; in fact, it is concentrated oxygen. It has a strong chemical action. It is a colorless gas which has a peculiar, not unpleasant, odor.

Ozone exists in larger quantities on Mountain tops, at the Sea Shore and in the Country. In cities, and especially in crowded places, it is hardly recognizable. Oxygen is—as we all know—most vital to our welfare; in fact, without it we could not exist. When life is at its lowest ebb in grave cases of sickness the physicians resort to the oxygen tank to keep us breathing and alive. It is therefore not difficult to realize of what great importance ozone, which is concentrated oxygen, can be to us.

Not only have Shelton Ozone Treatments when taken regularly for the medication of nasal, throat, bronchial and lung affections a marked effect within a comparatively short time, but as a general tonic they are without equal. Smokers, for instance, also drug-addicts, report that they feel their cravings for nicotine or other drugs lessened when using the Shelton Ozone Treatment; in some cases complete cures have been accomplished by the constant use of Shelton Ozone and Violet Ray Treatments combined.

A few minutes of Shelton Ozone treatment every day can do the same for you as hours of outdoor exercise in crisp, invigorating country air. A healthy clear complexion with natural hues, sparkling bright eyes result and the general tonic effect the Ozone has on the entire system cannot be underestimated.

It produces an exhilaration which has no equal. Since Ozone is an intense oxidizer or germicide, it attacks organic substances, such as germs and bacteria. This oxidizing effect is in reality a process of burning, for substances burn because oxygen combines with some of their elements.

No heat, however, accompanies this oxidizing effect of Ozone; the Ozone particles combine with the organic substances when finely divided; no flame or heat is therefore produced.

Indirect Massage

High Frequency current produces a cellular massage, the contractile effect being expended upon the individual cells composing the tissue rather than on the individual muscles. This form of massage is very effective, penetrating as it does every part of the body, and can be drawn to any desired part by the application of another person's fingers to the part of the body to which treatment is particularly desired, the patient first grasping the electrode as shown in above illustration.

Our No. 6 Electrode is especially designed for this treatment.

You can, however, use No. 1 with very good results; current not so strong, however. Where a very powerful treatment is wanted the metal Electrode No. 6 is used, but to avoid the sting turn the current on and off while the person treated has hand on the metal Electrode as illustrated.

Keep This in Mind

Do not be afraid of the Violet Ray High Frequency spray or discharge. It never harms. It causes no shock. Use Violet Rays freely so you may familiarize yourself with their peculiar nature.

Violet Rays grow in their usefulness the more you study their action and effect. Make it clear to yourself what you wish to accomplish. If you want a soothing effect, don't apply a strong spray by holding applicator distant from the part to be treated; make a close contact instead with the bare skin. If you wish stimulation treat through the clothing with a current strong enough to reach your tissues. If you desire a tranquilizing effect to quiet the nervous system, do not use a current strong enough to cause irritation. If you actually want to destroy a wart or small growth, you must use an escharotic spark from a sharp point in order to obtain a cauterizing effect. Let these be the guiding principles to you and the result in the use of the Violet Rays will be surprising.

Effects Desired Easily Obtained

Careful study of different ways of administration should be made before using Violet Ray so as to secure best results.

For sedative or quieting results, your entire body can be thoroughly charged with Violet Ray High Frequency current. You can completely electrify yourself. Painful sensations by sedative treatments can be calmed, as sedative action is strongly constitutional in its effects. Nervous ailments are greatly benefited by sedative treatments. They tranquilize your nerves. By keeping the electrode in close contact with part to be treated sedation can be produced locally. Sedative current creates quick and beneficial results in all nervous conditions. The entire nervous system is refreshed with a general electrification treatment.

Violet Ray can be stimulative. When an electrode is somewhat lifted during the application or used through clothing or cloth, a general stimulation is produced. This stimulation is caused by the many small sparks generally called High Frequency Spray. They cause a pleasant and tingling sensation and bombard thoroughly the area which they cover, causing a very beneficial heating effect at the same time. They also generate ozone which is directly driven into the tissue, causing the ozonization of the blood. These sparks are also germ-killing and overcome infection.

Follow Instructions Carefully

It is necessary to give strict attention to the following instructions to receive benefits—if same are followed, excellent results will positively be obtained.

Abscesses—Keep electrode No. 1 in close contact with the skin. Use enough current to get the full effect of the heat generated. Treatment of 7 to 10 minutes' duration and repeat daily or twice a way, if necessary. If applied to a developing abscess, its growth can be arrested.

Acne (Pimples, Blackheads)—A common and very distressing condition in young people, one in which quick and permanent relief may be obtained by the use of a short spark. Treat the entire surface for about six minutes, using electrode No. 1. Use electrode No. 20, creating a mild fulguration spark where blackheads are deeply imbedded in the tissues, thus softening and permitting their easy removal. Steaming the face before treatment will be found beneficial. During period of treatments diet should be carefully regulated, avoid rich and greasy foods, and keep bowels in a healthy condition.

Alopecia (Loss of Hair)—Commence treatment with weak current and increase to medium strength later, by using electrode No. 3. Pass comb electrode back and forth over scalp for about four minutes every day. Use same treatment for baldness due to sickness and for gray hair in order to restore it to natural condition. Electrodes No. 1 or No. 5 can be used if more convenient.

Alcoholism and Drug Addictions—Use surface electrode No. 1 in alcohol, morphine or opium habits, apply a strong current over liver, solar plexus and spine, for six to eight minutes daily. In cocaine habits use a mild current to the soles of the feet, arms and legs until reddening results. These applications should be made through interposed towel or clothing. Short sparks are best for these treatments. Never apply current through shoes.

Anemia and Chlorosis—Use electrode No. 1 for eight to ten minutes three to six times per week, treating thoroughly the entire chest,

abdomen, back and spine, thus increasing the oxygenation of the blood, which is as effective as iron tonics to the system. Ozone inhalations are helpful and of utmost value in these cases. Use Ozone Generator No. 28.

ARTERIOSCLEROSIS AND HIGH BLOOD PRESSURE—Daily treatments of about 8 minutes' duration will lower blood pressure. As the blood approaches normal, reduce treatments to three a week, then to twice a week. A treatment every week or two should be maintaind for some time to be sure of the permanency of results. Apply electrode No. 1 or No. 2, using a medium current strength over the body generally.

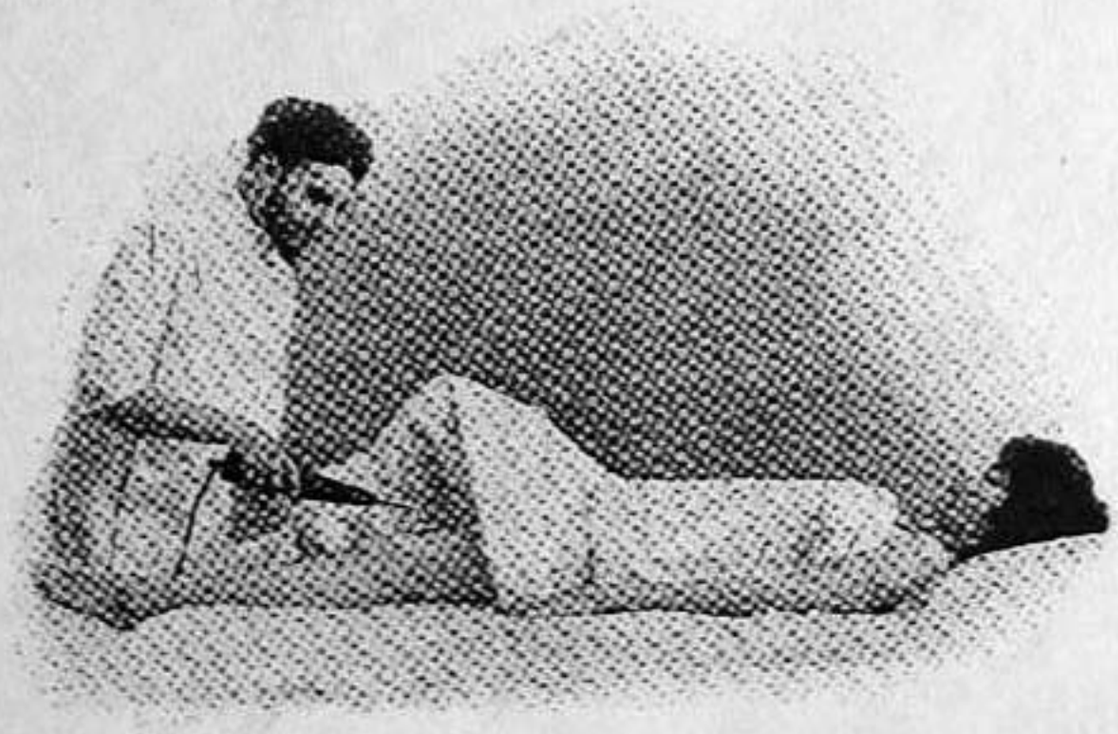
ASTHMA—In asthmatic conditions, the best results may be obtained through the use of the Ozone Generator, electrode No. 28. Choking and coughing fits will be promptly alleviated. A local auxiliary treatment may also be used for a sedative effect by a gentle massage over the area with the surface electrode No. 1 and mild current. Also apply electrode No. 5 to throat glands for about 6 minutes.

ATAXIA—Use a sharp spark along the spine, over buttocks, abdomen and to the back of the legs. Apply electrode No. 1 or No. 4. Daily treatments lasting about 10 minutes are necessary at first. They can be gradually decreased to about two a week with the progressing improvements.

BACKACHE—To relieve pain treat sore muscles with electrode No. 1. As backache may be due to weakness of the bladder or sexual organs, lumbago, rheumatism, kidney disease, it is important to treat the cause as well.

BARBER'S ITCH (CYCOSIS)—Cleanse the infected area with warm water and castile soap, and a mild antiseptic wash. Then treat with mild current from the surface electrode No. 1 in close contact, followed by a short spark till counter-irritation is produced. The condition is usually stubborn and may require extended treatment.

BLADDER DISEASE (CYSTITIS)—The result of vacuum tube treatment through the rectum or urethral is remarkable in inflammation of the bladder. Treatment lasting 7 minutes given daily at first and then every other day, will clear up urine very fast in nearly all of these cases. Use electrodes No. 1 or No. 2.



RHEUMATISM

There is no surer antidote on earth for rheumatism than Violet Ray treatment. In some cases rheumatism disappears almost completely after a few treatments.

BRONCHITIS—Short sparks applied with electrode No. 1 or No. 2 over the chest and back, until well reddened, will give relief. This treatment may be repeated every hour until a sufficient moderation of congestion is obtained. More important than the high frequency application is to ozonize the air by means of electrode No. 28.

BRAIN FAG—Use electrode No. 1 over the forehead and eyes and to the back of the head and neck with a spark just strong enough to have a good tonic effect. In all cases, 2 or 3 minutes' inhalation of ozone (electrode No. 28) is desirable.

BREAST DEVELOPMENT—Treat the entire area to be developed. Use electrode No. 1 for about 5 to 8 minutes daily. Move it lightly over each side, from the neck downward and also from arm pit to arm pit, under each breast, pressing lightly upward.

BRIGHT'S DISEASE—Apply strong current with electrode No. 1 over the region of the kidneys for at least 10 minutes every day.

BRUISES—Treat injured area with electrode No. 1. First with close contact and later with gradually increasing spark. Use lubricant.

BUNIONS—Electrode No. 18 or No. 51, using a fairly strong current, should be applied directly over the inflamed area followed by a gentle spark.

CALLOUSES—On calloused areas of foot a mild fulguration spark obtained from electrode No. 20 will soften the hardened tissues so they can be readily removed. If soreness follows, treatment over the area with the surface electrode No. 1 in direct contact with the skin will afford relief.

CANCER—Mild forms of cancer are treated with a strong spark. Use electrode No. 20. Consult authority, as surgery is usually required in conjunction.

CANKER—A medium current for 1 or 2 minutes should be applied with electrode No. 10 or No. 58, or any suitable dental electrode.

CARBUNCLES—Use electrode No. 1 in loose contact with the inflamed area and pass it back and forth over it for 10 to 15 minutes. This will relieve pain and promote an early ripening of the carbuncle. Electrode No. 18 is also very convenient.

CATARRHAL CONDITIONS—In catarrh of the nose and throat the ozone generator No. 28 is of great value and should be used two or three times daily for about 5 minutes at a time, followed by treatment in the nostrils with the nasal electrode No. 16 or 52 with mild current for about 3 minutes. Care should be used that the current is not turned on until after insertion of the electrode.

CATARACT—Five minutes daily treatments with electrode No. 18 in contact with closed eyelids, with not too great an intensity of current.

CHAFE—Use vaseline, followed by a medium current with electrode No. 1 for 5 to 6 minutes in close contact with skin.

CHAPPED HANDS OR FACE—Apply vaseline first. Then use a weak current with No. 1 electrode for 2 minutes in contact with skin.

CHILBLAINS—Use electrode No. 1 for 6 to 8 minutes in contact with the skin. It may be held steadily over the chilblain or moved slowly about as desired. Repeat daily or every other day until cured.

COLD HANDS OR FEET—Improper circulation in the extremities may be relieved by a gentle spark over their surface, gradually increasing until a sense of warmth prevails. Use electrode No. 2. Repeat often; if necessary, three times a day.

COLDS—Cold in the head will be benefited by inhalation from ozone generator (electrode No. 28), followed by mild current through nasal electrode No. 52. The surface electrode No. 1 may also be used over the antrum, mastoid region, and back of neck.

COLD IN LUNGS Treat the chest and back. Follow instructions given under Asthma. Take ozone inhalations repeatedly for several minutes. Electrode No. 28.

CONSTIPATION—Relief will be obtained by a thorough downward massage over the abdominal region with surface electrode No. 1 applied first directly to the skin and followed by short spark over the same area. Ten minutes daily is advised first, later dropping to two or three times a week. If the constipation is particularly stubborn, peristaltic action will be stimulated by means of the insertion of an insulated rectal electrode (Nos. 14, 34, 36 or 63), properly lubricated, for a period of 4 to 6 minutes. Apply current after insertion.

FOR THE EAR

Earache, deafness and other disorders of the auditory organs yield readily to the Violet Ray. In some cases, hearing has been restored completely.

Use Electrode No. 10, inserting it into the ear, using a mild current for a short length of time. Where the pain is acute it is sometimes necessary to take hourly applications. If heating effect is too marked during treatment interrupt the application and repeat later.

When inflammation exists treat about the ear with No. 1 Electrode from 5 to 8 minutes with mild current.

CORNS — Hard corns may be entirely removed by the application of the fulguration electrode Nos. 18 or 51, care being used to apply the spark particularly upon the hard tissue and not on the surrounding area.

DANDRUFF Shampoo the scalp before treatment, dry it thoroughly and apply a medium current, with applicator No. 3, using it in the same manner as an ordinary comb for 3 to 5 minutes. Repeat this treatment at intervals of 2 to 3 days. Do not use any hair tonic.

DEAFNESS—Unless the drum of the ear is ruptured, chronic deafness may generally be relieved and in many cases entirely cured by high frequency treatment. Ear electrode No. 10 should be used for about 4 minutes. The gentle stimulation thus afforded the delicate aural nerves and the mild massage of the drum will often result in an immediate improvement in hearing. As a further treatment the surface electrode may be applied over the mastoid region for 4 or 5 minutes with a gentle, mild current.

DIABETES—Apply electrodes Nos. 1 and 2 over the abdomen, and if proper diet is observed, results will be quickly obtained. Apply a strong current for about 8 minutes through a thin towel twice a day.

DIPHTHERIA Apply electrodes Nos. 10 and 58 to inside and outside of throat respectively. Ozone inhalations have proven most beneficial (Ozone Generator No. 28).

DYSPEPSIA—Apply surface electrode No. 1 over stomach and solar plexus. The great tonic effect of ozone inhalations makes it a useful adjunct.

EARACHE—Relief obtained by application of ear electrode No. 10, using a mild current for 3 to 7 minutes. Applications to the back of the ear and over the side of the face covering facial nerve with electrode No. 1 assist treatment greatly.

ECZEMA A handkerchief laid over the surface will cause a slight spark and is preferable. If the skin itches hold the electrode slightly

away from the surface. This will relieve and gratify. Use electrode No. 1 or No. 18.

EYE DISEASES—Iritis, retinitis, atrophy of optic nerve, conjunctivitis, trachoma, glaucoma, incipient cataract, paralysis of ocular muscles, intro-ocular hemorrhage have all been treated by high frequency currents. Close eyelids and apply a mild current with electrode No. 18 or No. 39 for short periods, not exceeding 3 minutes at one time.

FELONS—Treat with No. 1 electrode and a mild current in close contact daily from 4 to 6 minutes.

FEMALE TROUBLES — Use electrodes Nos. 13, 30 or 31. They should be lubricated before insertion. Turn the current on after insertion of electrode and turn the current off before removing to avoid unnecessary sparking. A medium current for 5 minutes is applied. Repeat treatment as circumstances require. During menstruation an excessive flow of blood may result, as high frequency currents draw the blood.

FISTULAS — Use electrode Nos. 14, 36 or 63, as indicated. Lubricate electrode before insertion into rectum. Use a medium current for about 5 minutes daily.

FLABBY BREAST—A stimulating application with the surface electrode to the relaxed nipple of the flabby breast will immediately show its beneficial effect.

FRECKLES—Several weeks' treatment will be required. Use electrode No. 1 with a medium current daily from 4 to 6 minutes.

FROST BITES—Treat affected part with No. 1 electrode, using a mild current for from 5 to 7 minutes.

FURUNCULOSIS—Treat with No. 1 electrode with mild or medium current. Inflammation will cease quickly.

SCALP TREATMENT

Nothing is more beneficial to the scalp than the application of the SHELTON VIOLET RAY. It revitalizes impoverished hair, restores its natural lustre. In order to obtain results it is necessary to be both persistent and consistent in the use of Violet Ray, as treatments must sometimes continue over a long period of time in obstinate cases. Treatments should be from 3 to 5 minutes a day using the comb Electrode. Do not use hair tonic that contains alcohol, as this is inflammable. Falling hair can be stopped in time by Violet Ray scalp applications. Prematurely gray hair can be restored to its natural color by persistent applications. Dandruff and other scalp troubles are usually quickly relieved.

GOITRE—The absorption of tissue being necessary, treat with external throat electrode No. 5 in close contact with the skin and follow with moderately sharp spark over the surface and sides of the protuberance. Persistence in this treatment is necessary.

GOUT—This condition may be helped by a continued massage over the area with a surface electrode and a mild current. If pain is felt at first begin with short treatment and increase. Do not treat during acute attack.

GRAY HAIR—The natural color of hair can often be restored by patient treatments with electrode No. 3. See under Alopecia. Sometimes several months are required for results. Keep the scalp clean. Use a

current of sufficient strength for good stimulation once or twice every day.

GRIPPE (INFLUENZA)—Treat spine, solar plexus, over eyes and sides of nose. Inhalations from Ozone Generator (No. 28) will greatly aid. Intra-nasal applications by electrode No. 52 are also beneficial.

HAY FEVER—Apply electrode No. 1 over the nose and the spine and No. 28 in nostrils. Anticipate the trouble and begin before discomfort is felt.

HEADACHES—Headaches are from varying causes. If relief is not had from applying to the seat of pain, cover the spine and stomach. Apply No. 1 electrode.

HIVES AND RASH—Use electrode No. 1 with medium current strength to affected area. Use vaseline before applying the electrode; 3 to 5 minutes should be sufficient. Repeat daily.

HEMORRHOIDS (PILES)—Use hemorrhoidal electrode No. 63 with mild current for about 4 to 6 minutes, care being observed that the electrode is properly lubricated and that current is not turned on until after insertion.

INSOMNIA—Cover back of head, neck and eyebrows in order mentioned. Use electrode No. 1; a strong current is essential in treating this ailment.

LEUCORRHEA—Follow the directions given under female troubles. Also use electrode No. 4, moving it up and down the spine slowly. A strong current must be used for about 5 to 6 minutes daily.

LUMBAGO—Treat over painful area until all pain is dispelled. Use electrode No. 1 and as strong a current as can be tolerated. Repeat treatment whenever pain reappears until cured.

MASSAGE—Metal electrode No. 6 to be held by patient in one hand, turning on current after it has been grasped. Masseur's fingers will draw sparks to point massaged. Use lubricant while massaging.

MUMPS—Treat the swollen parts with a medium current, using electrode No. 1, keeping it in contact for about 5 to 8 minutes. Repeat as necessary, at least once a day.

NERVOUSNESS—Treat the spine, back of head and neck with a mild current, using electrodes Nos. 1 and 4. Immediate results are felt in all cases. Use a weak current at first and increase the strength gradually; 5 to 8 minutes is the average duration of treatment.

NEURALGIA—Apply to seat of pain, after applying lubricant, raising electrode occasionally to produce spark. Treat with No. 1 electrode; time of treatment 5 to 10 minutes.

NEURITIS—The first few treatments usually increase the pain, after which relief is felt, and the current may be increased and a short spark given. Apply at the seat of pain with surface electrode No. 1.

OBESITY—Use electrode No. 1 and apply to affected parts consistently. Begin with a medium current and increase to full power. Rigorous diet, exercise and personal hygiene must, of course, be observed.

PAINS—Apply at seat of pain until relieved with current and method to give best results. Use electrode No. 1.

PARALYSIS—With electrodes No. 1 or No. 2 treat paralyzed muscles, employing a current strong enough to produce a half or three-quarter inch spark. Part of the time keep the applicator in contact with the skin and part of the time raise it above the surface to get effective spark.

POISON IVY—Apply lubricant first. Use No. 1 electrode or No. 2 edgewise so as to cause plenty of sparking over the whole affected area. Lift the applicator here and there and treat with a strong current for from 3 to 5 minutes.

PROSTATIC DISEASES—This most distressing ailment, common to so many men of middle age, is one in which the high frequency current is almost a specific. The treatment indicated is with the prostatic electrode No. 9. See Pages 22 and 23.

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NEURITIS—The first few treatments usually increase the pain, after which relief is felt, and the current may be increased and a short spark given. Apply at the seat of pain with surface electrode No. 1.

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PAINS—Apply at seat of pain until relieved with current and method to give best results. Use electrode No. 1.

PARALYSIS—With electrodes No. 1 or No. 2 treat paralyzed muscles, employing a current strong enough to produce a half or three-quarter inch spark. Part of the time keep the applicator in contact with the skin and part of the time raise it above the surface to get effective spark.

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PROSTATIC DISEASES—This most distressing ailment, common to so many men of middle age, is one in which the high frequency current is almost a specific. The treatment indicated is with the prostatic electrode No. 9. See Pages 22 and 23.

PYORRHEA—Treatments with suitable dental electrode with a weak or medium current will help to re-establish a healthy condition of the gums. High frequency treatments promote proper nutritional improvements and in addition to this have antiseptic and antitoxic properties. A dentist should always be consulted.

RED NOSE Use electrode No. 1 and apply for short periods, say about 2 minutes, small sparks by holding the electrode edgeways or lifting it about one-eighth of an inch. The object is to destroy the enlarged veins and treatment must not be carried too far at one time. It should be repeated as condition permits. Several days between treatments may sometimes be advisable.

RHEUMATISM—High frequency currents are of exceptional value in muscular and in chronic articular rheumatism. The pain will be relieved by application of surface electrode No. 1 with massage, using lubricant, if necessary. Follow with fairly strong spark until pronounced redness is produced. This treatment persistently followed has in many cases resulted in a permanent cure. While relief may be obtained in one treatment, a permanent cure may require much time and patience.

RINGWORM—Use electrode No. 1 and apply short sparks for several minutes two or three times every other day. A medium current is sufficient. Move the electrode so as to cover the entire affected area.

SCARS—If the tissue is hardened or callous its removal may be facilitated by the application of a mild spark through electrode No. 20.

SCIATICA—Treat with a sharp spark along the course of the sciatic nerve until a redness is produced. Use electrode No. 1 or No. 2.

SKIN DISEASES Treat over the affected tissues with surface electrode No. 1 held in close contact for from 5 to 15 minutes. Follow by moderate spark 3 to 5 minutes. Treat once daily. If the skin is moist, talcum powder should be used so that electrode will not stick. See also Acne and Eczema.

SORE FEET AND STONE BRUISES—Applications with any suitable applicator in close contact with the skin bring quick relief. Use lubricant and treat for several minutes.

SORE THROAT (TONSILLITIS) Electrode No. 5 is best suited for external throat applications. Hold directly against the skin with fairly strong current. The use of the Ozone Generator No. 28 for several minutes following will also be beneficial.

SPRAINS—The pain and soreness following a sprain may be alleviated by treatment, first with the surface electrode in contact with the skin and later by a mild spark, gradually increasing in strength until a hyperemia is produced.

STIFFNESS OF JOINTS AND MUSCLES—This condition is generally due to the over-employment of certain muscles. The resulting stiffness and soreness may be relieved by the use of surface electrode No. 1.

ULCERS—Apply a strong current with No. 2 electrode for 5 minutes in contact, lifting applicator once in a while to produce sparks of at least one-quarter inch. Repeat daily.

WARTS AND MOLES These disfigurements, no matter of how long standing, may be most successfully treated by the application of a spark through the fulguration electrode No. 20. The greatest care must be exercised that these sparks do not come in contact with the surrounding tissues. Permanent results may be expected, and the most disfiguring warts or moles removed without leaving a trace by these means.

WHOOPING COUGH—Apply No. 1 electrode in the same manner as explained under Asthma and use also Ozone Inhalations with the Ozone Generator No. 28.

WRITER'S CRAMP—Treat with gentle spark over the affected fingers and thumb, also massage with surface electrode over palm of the hand.

High Frequency Currents in Modern Practice

The modern physician no longer questions the value of High Frequency Currents. The quick and lasting results obtained by the use of High Frequency Currents where other measures have repeatedly proven futile, have given the Medical Profession a true perception of their value.

What High Frequency Is

All electrical currents exceeding 10,000 oscillations per second are termed "High Frequency Currents." There are two major phases of High Frequency, "HIGH" High Frequency, where the oscillations run into the hundred thousands per second and "LOW" High Frequency, generating between 10,000 and 20,000 oscillations per second. There are also the intermediate phases between the two major modalities.

Source of "HIGH" High Frequency

"HIGH" High Frequency is generated by an arrangement of Induction Coils and High Tension Transformers in connection with Condensers and Tesla Coils or Oudin Resonators. This arrangement employs initial high charging voltages, condensers and spark gaps, and is capable of generating waves that repeat themselves periodically and harmoniously.

The Application of "HIGH" High Frequency

"HIGH" High Frequency obtained from the sources mentioned above appears very smooth, and contractions of muscles or reaction at nerve centers is practically nil. This phase is excellent for fulguration work to remove moles, warts and cancerous growth by the dessication process. It is also good for skin treatment, especially where the chemical action of the effleuve, caused by the thousands of tiny sparks during surface treatment, is desired.

This effleuve is rich in ultra-violet radiations, and as such, together with the nascent ozone created by it, is chemically active and decidedly germicidal. It has been determined that "HIGH" High Frequency is best suited for treatment of superficial conditions, local septic processes and also for the mucous cavities.

Source of "LOW" High Frequency

The Old Style Static Machine

The old-style Static Machine while considered practically a relic of the past, is by no means of little value from the viewpoint of therapeutic qualities. It must be remembered that the different sources of High Frequency produce entirely different physical effects. The "LOW" High Frequency Currents generated by the Static Machine have certain qualities which the other sources cannot produce.

Effect of "LOW" High Frequency

The characteristics of "LOW" High Frequency are especially the vibratory effects upon cells—(Cellular Massage)—and the involuntary slight muscular contractions, induced by wave distortions or wave super-imposition. "LOW" High Frequency Currents from the Static Machine have been found to be most effective in producing marked local sedation, elimination of waste and disengorgement of congested tissue. Moreover, where inflammatory conditions are present, they bring relief by inducing circulatory drainage and accelerating local metabolism.

The New Creation

The Instrument for the production of both "HIGH" and "LOW" High Frequency.

While numerous machines have been offered to the Medical Profession for the production of *either* "HIGH" or "LOW" Frequency Currents, it remained for the engineers of The Shelton Laboratories, after much experimentation and consultation with prominent specialists, stretching over a period of years, to successfully reproduce both the "HIGH" and the "LOW" High Frequency by one and the same instrument.

Simply by turning a knob, either of the two modalities, as well as the intermediate phases may be had on the new Shelton Violet Ray Instrument.

Construction of the Shelton Violet Ray Instrument

The various phases of High Frequency Currents in The Shelton Violet Ray Instrument are generated by successive kick-backs created by highly inductive windings and a special mechanical interrupting device. Their potential is controlled by a new and ingenious inductance provded with a graduated dial which permits a gradual and correct dosing.

Summary

Space does not permit us here to refer to the wide scope of High Frequency in general. Many books have been written on this subject by prominent Specialists. However, it is universally agreed that Nature has provided no other factor so omnipotent as the Violet Ray for relief—giving light, heat, electricity, ozone and massage (muscular contraction), simultaneously.

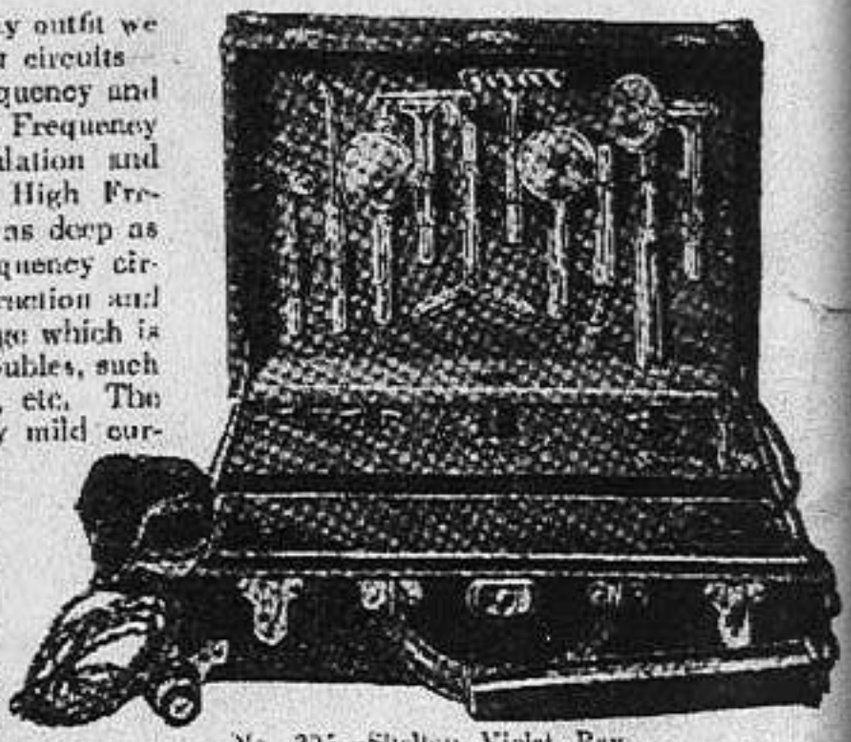
Medical authorities agree that 65% of all men past middle age (many much younger) are afflicted with a disorder of the prostrate gland. Aches in feet, legs and back, sciatic pains, are some of the signs. No longer should a man approaching or past the prime of life be content to regard these pains and conditions as inevitable signs of approaching age. The Shelton Violet Ray is used to restore youthful health and vigor and to restore the prostate gland to its proper functioning.

In treating the Prostate through the rectum the technique consists in placing the patient on one side in the Sims' position with the knees well drawn up. The No. 9 Electrode is lubricated, inserted in handle and then inserted into the rectum about six inches with the depression in the tube turned toward the front or anterior wall of the rectum so the gland rests into depression for best results. In Prostatic diseases of all kinds the High Frequency current has proven most efficacious. If, however, you are fortunate to have a Low frequency circuit in your machine, that is prefer-

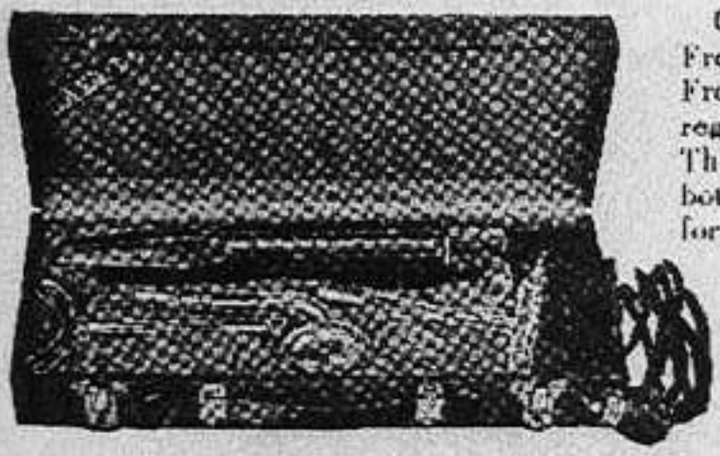
able in this treatment. For home use a two-piece machine should be used on account of the light Hand Piece and convenience of turning current on and off. Do not attempt this treatment with a one-piece machine in a home treatment, as it would be impossible to manipulate. The duration of each treatment is 5 to 7 minutes. Results found in all forms of Prostate diseases are extraordinary. Enlarged Prostate should show improvement from the very first—about two to three treatments a week.

Same treatment used with remarkable results in Senile hypertrophy. Two or three treatments a week then skip a month.

In the No. 205 Violet Ray outfit we have three separate distinct circuits—High Frequency—Low Frequency and Intermediate circuit. High Frequency is used for general stimulation and all surface treatments as High Frequency does not penetrate as deep as Low Frequency. Low Frequency circuit gives a muscular contraction and produces an internal massage which is beneficial in deep seated troubles, such as treating Kidneys, Liver, etc. The Intermediate circuit is very mild current that is used in treating the Eye and Prostatic Gland where the condition is very sensitive, however such treatments are as a rule followed up by treating with High Frequency in case of the Eye and Low Frequency in the case of Prostatic Gland. The length of time would be seven minutes in all, which would be divided 3½ minutes High Frequency and 3½ minutes Low Frequency and in case of a very tender gland the first two treatments three days apart or more should be given by the Intermediate circuit before applying fairly strong High or Low Frequency. Low Frequency is also used for reducing in case of obesity as Electrode used should be the large Condenser Electrode or large Silver Electrode and Low Frequency which gives a muscular contraction or internal massage which has a tendency to break down fatty cells.



No. 205—Shelton Violet Ray

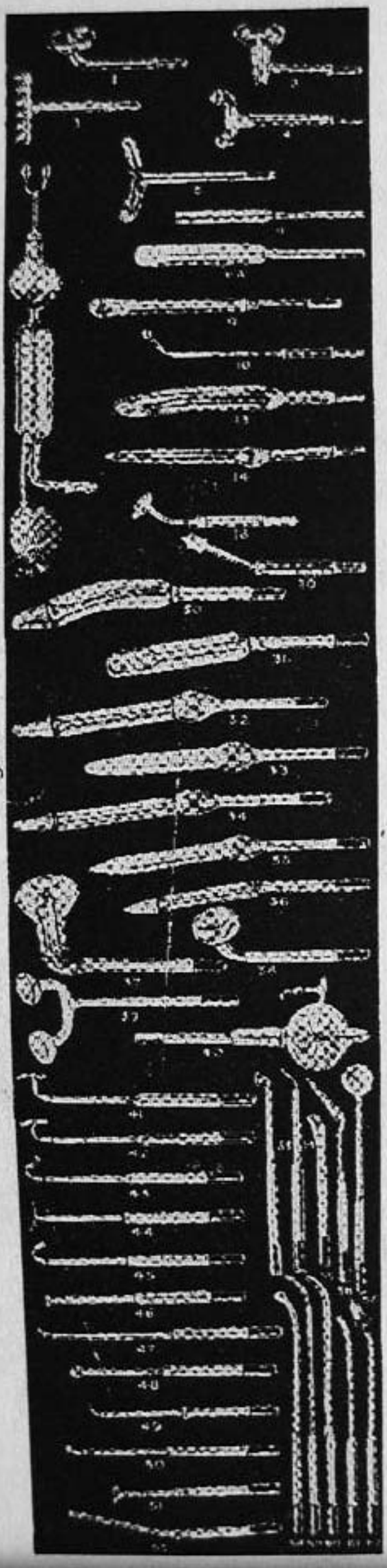


No. 22—Shelton Violet Ray Outfit

Outfit No. 22 is a one piece High Frequency Machine. This gives High Frequency of varied degrees, and is regulated from the end of the handle. This machine is extensively used by both the Profession and the Public for treating Head, Face and Body but should never be used in home use for internal treatments. For all other treatments where only High Frequency is required we recommend this instrument as being the finest made.

GUARANTEE

On all our instruments the name Shelton Electric Company appears. All Shelton goods are guaranteed fully for one year from the date of purchase against mechanical or electrical imperfection.



General High Frequency Electrodes

Made from the best annealed imported glass. Do not confuse the Shelton Electrodes with Electrodes made from plain glass

VIOLET RAY

No. 1—General surface for head, face or body $1.00
No. 2—Large condenser electrode, delivers strong current. For rheumatism, lumbago, etc. $3.00
No. 3—Large comb, scalp or body $2.00
No. 3A—Derma Arc Comb $1.50
No. 4—Spinal electrode $1.50
No. 5—External throat, arms, limbs $1.00
No. 6—Metal handle used for giving indirect treatment $1.25
No. 9—Insulated prostatic electrode $2.00
No. 10—Ear or internal throat $1.00
No. 13—Plain vaginal $1.00
No. 14—Plain rectal, small diameter $1.00
No. 18—Eye electrode, also for corns $1.00
No. 20—Fulguration electrode for removal of warts, moles, diseased growths, etc. $2.00
No. 28—Ozone generator, with 1 oz. bottle of inhalant, nose and mouthpiece, and bulb $10.00
No. 30—Insulated vaginal electrode, large diameter $2.00
No. 31—Insulated vaginal electrode, generates ozone in vagina $3.00
No. 32—Insulated rectal, large diam. $2.00
No. 33—Plain rectal, large diam. $1.00
No. 34—Insulated rectal, med. diam. $2.00
No. 35—Plain rectal, medium diam. $1.00
No. 36—Insulated rectal, small $2.00
No. 37—Large kataphoric (cocaine) electrode—Medicated cotton inserted and high frequency applied through medicated contents. Particles of medicament are driven into tissue by molecular bombardment. Effect is purely local $4.00
No. 38—Hollow surface shaped, generates ozone within cavity and fits nicely over certain parts as cheek bones $1.25
No. 39—Double eye electrode $1.50
No. 40—Actinic ray electrode for acne vulgaris, ringworm, lupus, etc. Develops sufficient X-ray to cause actinic or chemical ray effect $10.00
No. 41—Dental electrode for gum treatment, right side of jaw $2.00
No. 42—Dental electrode for gum treatment, left side of jaw $2.00
No. 43—Dental electrode for gum treatment, inside of jaw $2.00
No. 44—Dental electrode for front gum treatment $2.00
No. 45—Dental electrode inside jaw $2.00
No. 46—Insulated electrode, covers small area for pimples $2.00
No. 47—Dental kataphoric (cocaine) electrode $2.00
No. 48—Dental electrode for gum $2.00
No. 49—Dental abscess electrode $2.00
No. 50—Dental electrode ball shaped $2.00
No. 51—Corn electrode $2.00
No. 52—Plain nasal electrode $1.00
No. 53—Dental electrode, hollow bulb $1.75
No. 54—Hyalid electrode $2.00
No. 55—Small kataphoric (cocaine) electrode. See No. 37 ..... $2.00
No. 56—Insulated ear electrode $2.00
No. 57—Insulated pharynx or tongue $2.00
No. 58—Insulated internal throat $2.00
No. 59—Insulated urethral electrode $2.00
No. 60—Plain urethral $1.00
No. 61—Insulated nasal electrode $2.00
No. 62—Dental fulguration electrode $1.75
No. 63—Hemorrhoidal $1.00

NEON ELECTRODE PRICES

All regular Violet Ray Electrodes as listed above at $1.00 each can be supplied in Neon at $3.00 each.

All regular Violet Ray Electrodes as listed above at $1.75 and $2.00 each can be supplied in Neon at $4.00 each.